



Photo From: http://upload.wikimedia.org/wikipedia/commons/7/7c/Assamese_thali.JPG

Meals:

- **Breakfast:** is a medium sized meal that usually consists of a vegetable or potato soup, roti, fresh fruit, and tea. Also, there are many rice dishes in Nepal that are common breakfast foods.
- **Lunch:** is not a common meal in Nepal. Instead, most people, especially those located in rice-growing areas, will eat two main meals a day, one between 7:00-10:00 a.m., and one in between 6:00-8:00p.m.
- **Dinner:** is the other main meal of the day in Nepal. Dal-Bhat is the national meal in Nepal, and is common for dinner and breakfast throughout the country. Dal-Bhat is a lentil soup served alongside steamed rice.
- **Snacking:** is very common in Nepal because of the fact that most people only eat two meals per day. Bread, roti, rice, curried vegetables, and milk tea are commonly eaten throughout the day.
- [More](#)

Frequently Used Foods:

- **Fruits and Vegetables:** mango, plum, gooseberry, guava, peach, grape, fig, wood apple, orange, lemon, banana, loquat, lichi, potato, eggplant, lentil, cabbage, broccoli, mushrooms, leek, carrot, tomato, cucumber, pea, chili pepper, radish, onion [Fruit in Nepal](#) [Vegetables in Nepal](#)

- **Spices:** Garlic, ginger, cumin, coriander, turmeric, black pepper, cilantro, mustard
- **Oils/Misc:** Mustard oil, milk, rice, roti

Ten regional Favorite Dishes With Links to Interesting Recipes:

- **Tibetan Potato Curry:** ([recipe](#)) ([images](#))
- **Kashmiri Chicken:** ([recipe](#)) ([images](#))
- **Momo:** ([recipe](#)) ([images](#))
- **Lamb Sekuwa:** ([recipe](#)) ([images](#))
- **Pulao:** ([recipe](#)) ([images](#))
- **Dal-Bhat:** ([recipe](#)) ([images](#))
- **Thukpa:** ([recipe](#)) ([images](#))
- **Gorkhali Lamb:** ([recipe](#)) ([images](#))
- **Sel Roti:** ([recipe](#)) ([images](#))
- **Gajar Ko Halwa:** ([recipe](#)) ([images](#))

Religion: Slightly over 81% of all Nepal citizens identify as Hindu, and another 9% are Buddhist.

National Holidays and Dietary Requirements:

- Because of the large Hindu population, the use of cow and cow products is not common throughout the country of Nepal.
- **Shahid Diwas:** also known as Matyr's day, is a public national holiday celebrated to remember and honor those that have sacrificed their lives to do what is right for the country. [more](#)
- **Maha Shivratri:** This is a national religious holiday in Nepal, celebrating the goddess Shiva. This holiday takes place on the 14th night of the new moon during the month of Phalguna, usually occurring between February and March. [More on Shivratri](#)

- **Navavarsha:** The Nepalese New Year is celebrated annually based upon Nepal's lunar calendar. This holiday is celebrated with a multitude of parades, parties, family gatherings, and food. [More on Navavarsha](#)
- **Raksha Bandhan:** A national religious holiday, Raksha Bandhan celebrates the love between brothers and sisters. Gifts and special meals are planned out for this holiday weeks in advance. [more on Raksha Bandhan](#)

Etiquette: Hands are always washed before meals in Nepal, and occasionally a washbasin will be passed around the table to allow all members at the table to wash.

Most people in Nepal eat their meals with their hands, and many homes will not have a lot of utensils.

When eating as a guest, make sure to leave some food on your plate. This assures the host of the meal that they have provided enough food.

Food History: The cuisine of Nepal has been greatly shaped by the country's religious roots. Because of the large Hindu and Buddhist populations, meat, and especially beef, are not commonly found in Nepalese food. The diet in Nepal has also been greatly shaped by the long and cold winters, with potatoes and lentils becoming some of the most popular staples in Nepalese cuisine. Finally, India has established deep roots within the culture and cuisine of Nepal. Although Nepalese food may not be the most popular in the world, its unique mix of cooking methods and religious restrictions creates a cuisine that is diverse and enjoyable.

Additional Information and Acknowledgements:

http://www.safaritheglobe.com/food_nepal.aspx

<http://www.holidaymakernepal.com.np/nepal-customs-and-culture.php>